

ALPHA'S PAGE

NATURAL ORDER

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Rainbow series Alpha's Page: Destiny

Alpha's Page: Diplomacia

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Alpha's Page: Healing

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Later books Alpha's Page: Guidance

Alpha's Page: If God Could Write

Alpha's Page: Letter to the Devoted

With thanks to all those who have enjoyed Alpha's
words and passed them on to friends,
encouraging me to make them
more widely available.

Ed.

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An introduction to Alpha's books

by the editor and channel

reprinted in each book in this series

Ideas about God come from many sources, not just holy books. You can get inspiration about God from story books, chatty neighbours, works of art, comedians and even scientists. Sometimes you can even get good ideas from a channeller.

What is channelling? A person sits down and writes fluently for, say, fifteen minutes, but then claims that it felt as if the words were coming from outside themselves. The truth is that we do not know where channelled literature is coming from. To me, it doesn't matter whether you think channelling is a way of getting words straight from Heaven or you think channelling comes from the writer's imagination.

Perhaps every person who admires psychics has a go at channelling at some time or another. It is tempting to think that your channelled writing is more precious than writing which is done by any other means. But to evaluate the merit of a piece of channelling, I think you have to be willing to forget the mystery surrounding it. Imagine instead that I am holding a ventriloquist dummy and the dummy is

speaking. Does the dummy have something valuable or entertaining to say?

I have tested my own channelling in various ways. I have found that I cannot choose when to channel; I have to wait for it to come. I cannot stop halfway through a sentence and substitute random words. Not only is it hard to stop mid-sentence, my mind freezes if I try to take control of the content. Sometimes I write words for which I don't know the meaning, and I have to check in the dictionary later to see if they make sense (they always do).

I have been a keen writer since first grade. In my twenties I churned out everything from scientific papers to novels and poems. I didn't start channelling until I was almost forty years old. The inner process is very different from even the most fluent session of story-writing or letter-writing. You don't know where the words are going. They start at speed, and continue at that speed for twenty minutes and then stop. When channelling Alpha, I feel a deep peace and a sense of a presence holding me. And yet I will never know for sure whether I am channelling some kind of non-physical being, or if it is just an altered part of my personality.

For a long time I struggled with how to present or justify what I was channelling. The solution eventually came in the writing itself. Alpha insists that he doesn't mind who you think he is. He is not interested in having followers. He is not interested in proving himself. He just wants to run some ideas past

us. He would be just as happy if the words came out of Aunt Mary's mouth while you were sharing a cup of tea, or if the ideas were in a comic strip in your newspaper. The source of the ideas doesn't matter. What matters is whether the ideas are good ideas. In the search for truth, Alpha would like to throw his ideas into the mix.

In spite of his humility, Alpha has managed to impress quite a few people. When I was channelling Alpha at a meeting once, a woman who sat next to me said, "I could feel his presence arrive just before you began to speak. It felt like Christ." At another meeting, the man who sat next to me shook vigorously the whole time I was speaking as Alpha. "I couldn't help it," he explained. "The presence was so strong." I gave copies of my channelled writing to a few friends who were interested in channelled literature. I thought they might have been jaded by too much spiritual literature already, but they lapped it up and asked if they could pass it on to friends. Their enthusiasm is the reason I have decided to make Alpha's ideas more accessible to the public.

Not surprisingly, people have tried to ask Alpha who he is. He has generally dodged the question, saying that he does not want to be associated with the pre-existing name of any spiritual figurehead because these names have too many connotations in our culture. But Alpha goes on to say that God has a layer which can put itself into words. There is an aspect of God which

is personable and capable of being intimate with each of us, one-to-one.

When I first started channelling Alpha, I had many mystical experiences but was still not comfortable with the word 'God'. I thought there was a spiritual dimension, but the idea of God was corny and unproven for me. Alpha's messages at that time irked me by talking about God at great length.

In the years since then, I have had experiences which felt like intimate encounters with God, so I am comfortable talking about – and to – such a God. Now Alpha irks me by talking as if he *is* God. He talks in the first person about his creation and his designs for us, and his unfathomable love for us. The writings in Alpha's books include a mix of my earlier ones where Alpha refers to God in the third person, my more recent writings where God is the first person, and a few in between where Alpha talks of "we", meaning the collective agents of God.

Writing as God in the first person is really embarrassing. How could I be channelling God? Yet Alpha points out that, if there is a God, we are silly to think that he is too aloof, too obtuse, too complex, or even too simple to be able to talk straight into our heads in our own language.

Why can I channel God? Well, maybe I can't. But if I can, I say it is because I have been learning to open myself up to God during the last fifteen years, firstly by learning to silence my mind, then by releasing a lot of pent-up emotion, and then learning to show

myself to God throughout the day. Closeness to God, as Alpha explains, is not about a standard of good behaviour, but about making yourself transparent to God and receptive to love. This, I believe, is Alpha's most important message. If you only have one philosophy for every day of your life, let it be that you will show yourself to God and be open to his input. Alpha says, "If you only have one daily prayer, let it be: "Please God, look at me closely. Please God, I reveal to you everything I am and everything I do, that you may be my lasting comfort and guide."

Alpha's searing common-sense often takes me by surprise. If you want evidence of God's existence, he says, leave out a glass of water for seven days and see what happens. The result (evaporation, dust, etcetera) is evidence of the God there is. If you are hoping for something else to happen, you are hoping for a kind of God which does not exist.

Alpha says God doesn't offer miracles or favouritism to his believers. In some writings, he says that miracles are possible, but they rely on some difficult or rare conditions being present. Tough luck, you have to deal with the mishaps of the natural world and people's natural flaws. But he offers an ongoing dialogue of support, inspiration and love for those who open themselves to him and attune themselves to love, and says you will be surprised how comfortable life is with just this kind of intervention.

Alpha is not interested in making predictions nor describing death or an after-life (at least, not in his

writings to date). He advises us to treat each day as it comes – a day of nature and the possibility of inspiration. Any catastrophes or even your own death are just another day for the same formula – show yourself to God and receive inspiration. The after-life is always just hypothetical until you get there. Alpha does suggest though, that you assume there is continuity after this life, just in case.

Some of Alpha's ideas seem a little radical to me. For example, Alpha describes in detail the mechanics of communicating with a layer of God which he calls "Diplomacia". He says we should package our feelings and complaints into thoughts which we shoot up through the top of our auras. Alpha also says it is not our business to worry about the survival of other species. But then, he also says if you are attuned to love, you will naturally be more harmonious and moral in all your behaviours. He says that different species can help each other by learning to communicate with each other.

Alpha indicates he is not worried about whether you believe what he says. He is not asking for converts or blind believers. He doesn't claim that your salvation depends on you believing anything. In fact, he says God truly doesn't mind if you are an atheist. Alpha doesn't think people should pride themselves on their beliefs or fight with each other about them. The truth is the truth, whether you believe it or not.

At the same time as accepting our errant beliefs and behaviour, Alpha describes a profound connection between human and God which will ultimately draw us

closer to God. He talks of a kind of 'apparatus' inside the human soul, through which we are still somehow connected to our holy roots, and a strong magnetism which will eventually lead each person to embrace God's love. Alpha talks emphatically about his complete love for each individual. Though he isn't interested in saving our bodies, he will not waste a single drop of our awareness. He has a tireless desire to send vibes of comfort and joy, and to help us with good ideas.

Getting to know Alpha has been a life-changing experience for me. It is refreshing to contemplate the possibility that there is a God who is easy-going and natural while being besotted with each of us. As Alpha's thoughts run through my head, I realise he is much more flexible and amusing than my Sunday-School pre-conceptions of God. And, as Alpha himself points out, why shouldn't he be complex and mentally varied? Why do humans imagine a God that is more sterile than many of the things we see in nature, and more two-dimensional than our own personalities? The more I write for Alpha, the more I think he makes sense. He doesn't contradict what we can observe in the world around us. He's not interested in egotistical battles about what people believe. He addresses the spiritual thirst that many of us notice inside. I've decided that it's worth trying to absorb his ideas to see if they make me happier and more relaxed. I think this is the best way to test whether Alpha's writing is

worthwhile. I wonder if other people are interested in testing Alpha in this way?

The writings in these books have not been altered since I first channelled them, except to remove occasional sentences which were directed at me personally, or to remove redundant linking phrases which are no longer relevant now that I have mixed the writings out of chronological order. The headings and keywords are not channelled.

Some of the writings are much harder to read than others. In my first year of channelling, I could only access Alpha through a very highfalutin, esoteric space. Sentences came out convoluted and I often had to put words together in a strange order to capture the ideas as they were dictated into my head. As my own personality has developed, even the logical side of my brain has become more open to love, and I can now access Alpha in a more down-to-earth state of mind. Consequently, I have been blessed with some very straight-forward, lucid ideas during my most recent sessions of channelling (including Alpha's Desiderata, for example).

From my very first session of channelling, my hand irresistibly signed off with a symbol which looked like the Greek letter alpha. This signature happened time after time, with every writing across several years, and it is the reason why I eventually came to refer to the source as "Alpha". What I remember most about performing this signature is the tremendous feeling of love which surrounds me at the time. Whether Alpha is

part of me, or part of God, I hope that you get a chance to tune into some of that atmosphere while you are reading Alpha's books.

King regards,

Ed.

An introduction to Alpha's Page: Natural Order

by the editor and channel

The writings in this book cover a wide range of topics including nature, soul, pain, sex and birthdays. They have one thing in common. They are all trying to point out something natural. Alpha is keen to get us to accept the structure and limitations of ourselves and our universe. He believes that it is best for us to be realistic about how things work. There is no point hoping that nature will be perfect, society can be utopian or that God will perform miracles at whim.

Alpha believes we would be more relaxed if we could accept the way things really are. While channelling Alpha, I notice that his demeanour is of someone who truly understands and accepts what is going on in the universe and has nothing to fear. His peace rubs off on me. He does not make any apologies for the fact that people experience pain, or that nature includes a lot of unpleasantness and destruction. On the plus side, Alpha is confident that God is full of acceptance and is responsive to those who make themselves transparent to him. God's openness and grace are facts of nature as much as anything else.

Alpha describes both God and nature as complex and diverse. He describes the mind as an apparatus of the brain, responsible for symbolic

thought and self-concepts, both which are typically misleading of the bigger picture. Alpha argues that humans see themselves as individuals because of their biology, but this perception is not entirely true. There is a shared undercurrent among all people. Some ignorance of your godly undercurrent is a good idea or the human spirit would collapse back into its original godly nature and the purpose of its creation would be aborted. The soul has certain needs. Pain often does not have to be so bad. The conscience is like an umbilical cord to our spiritual roots, telling us what feels true and what does not. Alpha encourages us to appreciate the inevitability and necessity of diversity, and the wondrous forces of sexual attraction and reproduction.

Alpha says that people will inevitably be drawn toward God, but points out that spiritual development is naturally slowed down by our desire to be stable. He also suggests that the infinite future is not necessarily fixed. It sounds as if he expects humans to converge on enlightenment, but with the possibility that there will be some oscillation around that ultimate outcome, because of the element of choice.

All in all, I find that Alpha's messages about natural order have helped me to come to terms with what I see around me. I grew up believing that we all have a shot at perfection and miracles. Alpha, however, encourages me to be more accepting of earthly disappointments and helps me to feel close to God at the same time. You can admit to all the frustrations

which drive people to atheism, and yet still engage with a communicative God and acknowledge your own soul. At last there is a God who is willing to acknowledge that his world causes people a lot of problems, and who just wants a good chat and a good party.

Ed.

∞ Diversity ∞ Nature ∞ Patterns ∞

1. The completeness of all

“Do you think everyone should meet a certain standard of cleanliness, obedience, intelligence, physicality, and so forth? Then why don't you go down to the beach with a measuring stick and only allow the waves of a certain height to enter?”

When you cut open a lime, do you know where you will find the pips? No, and yet you do not doubt that there is some kind of order which determines where those pips will be.

Look around you and you will notice patterns everywhere. Even those things which you call errors have patterns in them. Even those things which you call personal faults – if you lined up everyone who has those faults you will see patterns, at the very least a graduation between individuals in the severity of their fault. What does this say to you? Perhaps there is a mechanism which causes the fault. Perhaps it follows a natural law. Perhaps nobody is to blame.

My loves, you are none of you exempt from the patterning of nature. If waves break off in all sorts of sizes and variations do you think you should be exempt from patterning? Do you think everyone should meet a

certain standard of cleanliness, obedience, intelligence, physicality, and so forth? Then why don't you go down to the beach with a measuring stick and only allow the waves of a certain height to enter?

There are laws throughout the universe, extending throughout regions far too expansive for you to imagine, laws which say that you and your fellow beings must vary in every detail. Even the numbers of chromosomes in your cells vary, in spite of a fairly tightly controlled prescription. You still get people with extra or missing bits.

And so it is with every aspect of your being that you are not allowed to be the same. If someone, supposedly, was the perfect model of a human being, then by law you wouldn't be allowed to be the same. There may be no more Barbies. One is enough.

So you see that you must content yourself with being in a kind of cosmic soup, sloshing around in a sea of attributes, never finding your exact niche because it is so precisely different from everyone that it is infinitely difficult to locate. Even to "try to be yourself" is a futile mind-game, as you would take more than your life-time's allocation of mental exactness just to work out where precisely yourself is in the scales of things.

And so you see that there is only one logical course left to you, and that is to relent. Give up your analysis and know that you are somewhere in a pattern, and the story of your happiness lies deeper within.

∞ Complexity ∞ Consciousness ∞ Mind ∞ Nature ∞

2. Complexity

“... your make-up is at least as complicated as masses of flowers and sea-horses and snowflakes all stacked up together and relating to each other in patterns that are as complex as the items themselves.”

Indescribable beauty lies within each one of you. You do not see it because you do not have the apparatus to see it. But if you could even see the shape of your own DNA curling about in each of your cells you would be dumbstruck and watch it for hours, like the best screen-saver. And so if you could see the other matters of complexity within you then you would be overwhelmed with wonder and spend so much less time thinking about the relatively boring patterns of who did what at work today, etcetera.

And although you cannot actually see the patterns and complexities that make you up, I encourage you to use your mind's eye to speculate what it all may be like. As you draw deeply into your cosmic memory (the one you can subtly feel and nothing more), you get a certain feeling of recognition that this is so, that your make-up is at least as complicated as

masses of flowers and sea-horses and snowflakes all stacked up together and relating to each other in patterns that are as complex as the items themselves.

What is there left to worry about, when you recognise that the intelligence within your make-up is far more complicated than your ability to think with the limited view-finder of your brain? That is all that your conscious thought is: a view-finder, like the view-finder of a camera. It is a thing which swivels about, taking snap-shots, not seeing the whole and not comprehending the whole, and very often not taking a particularly nice picture either, when you could even be using the principles of nice framing and composition to make the best of your little square of perspective.

Do this then for an exercise in testing the limits of your mentality. Sit in a chair and swivel your mental view-finder from one topic to another, as if you were playing with your first camera. Then put down the apparatus and contemplate how each topic stretches far beyond what you just viewed, and contemplate the vast stillness in the watcher – you – who chooses to swivel the view-finder, and only watches – then you start to get an idea of how limited your everyday mind is from minute to minute. Then you can rightly throw up your hands and say – what else then?

I come to you in this writing to make a number of things clear. One is that you are capable of grasping a great many deep and complicated principles, even though your conscious mind has a narrowing and simplifying function. Because you have an

understanding of things dormant in your cosmic memory, you cannot help but let some of this understanding slip into your conscious mind and, generally speaking, there will be a recognition of truth when it is presented to your conscious mind, because it resonates with that cellular intelligence throughout you.

Unfortunately, there is not a whole lot of truth stored out in society at its present stage of evolution, so the mind is feeling lonely and frustrated, and it would be nice to bring a few more cosmic principles into contemporary thought in order to ease the anguish of the population.

This is perhaps enough to digest in one session.

Yours,

α

∞ *Guilt* ∞ *Mind* ∞ *Nature* ∞

3. God, mind, guilt and experience

“You (or the species as a whole, really), have to get your hands dirty in order to learn what feels harmonious and what feels incongruous. . .”

Whenever you think of God think of the beauty in the natural world, because God is no less. Do you simplify God to be any less elaborate than a coral reef? Do you simplify God to be any less elaborate than the Milky Way? These things are just like fingernails on the body of God. How dare you, really, imagine God to be any less complicated than you are yourself? An old man in the sky who says yay or nay? You know how many characters are inside you, how rampant are your thoughts, how varied your tastes, and how diverse your memories. Yet your notion of God is probably not half as complicated. God is complete. That is, all else is contained within. What a huge mechanism that must mean. What a huge organising principle. What wondrous laws there must be to go from light and dark to all manner of experience. No wonder many people throw up their hands and say, “It’s too complicated to infer a God.” Yet implicitly they are saying there is a body of Godless

laws that explain the universe instead. Surely if it is too complicated to be called God, it is too complicated to exist in any pretext. So that's not logical.

Indeed there are both God and laws. God is an intelligence that operates with several principles – for examples, diffraction, separation and conglomeration (gravity and attraction therein), rotation and division, and complete-ment (tendency towards completion). A sum of laws like this is enough to account for all distribution of intelligence into forms and the subsequent behaviour of those forms.

Where does conscious mind fit into all of this? Where does guilt fit into all of this? Conscious mind is an apparatus which developed out of the evolution of the cortex. There is in all animals a capacity to draw a few perceptions together into a certain calculator in order to draw conclusions (for example, a deer sees a predator and feels its own limbs and quickly comes up with an escape plan). In all levels of animals this process of perceptual integration creates what I shall call an atomic or electronic trace. That is, there is a characteristic constellation of neural activity. This constellation can actually be felt within the machine (the brain) by the brain's own perceptual apparatus. When you add language, such characteristic traces can be paired with vocal utterance. Then the individual's repertoire of traces, incorporating and combining in various ways with the traces of language, sets up for an infinite variety of self-referential material, all of which is felt within the brain.

The brain then makes the mistake of thinking that all it perceives is within the body and brain. And it develops the art of symbolic anticipation of events. That is, an event can be anticipated, and this creates a trace similar to the actual event. If the idea of “right” or “wrong” (tied to fear of an angry parent) is coupled with symbolic anticipation, then “guilt” (also known as “the tree of knowledge”) is born. So the brain has developed a system for judging acts which are observed, remembered or anticipated.

Experience, on the other hand, is the only real teacher. This so-called symbolic wisdom of guilt is not much chop when it comes to the long-term learning of the spiritual species. It's not much good learning to be good by fear and symbolism. You (or the species as a whole, really) have to get your hands dirty in order to learn what feels harmonious and what feels incongruous with the principle of complete-ment. You disperse, divide, diffract – whatever you want to call it – let's say “play with life”, then you are attracted back into the options which bring inner harmony and therefore minimum ultimate resistance.

The topic of inner harmony and resistance must be a topic for another day.

Rest on that one.

α

∞ Behaviour ∞ Judgment ∞ Mind ∞ Nature ∞ Self ∞

4. The illusion of self

“... a certain pain arises in you from the idea that you are separate – because it is not true.”

There are many ways to look at the individual. You can look at yourself as a wave in the ocean. You can look at yourself as an organism in a species. You can look at yourself as a member of a family. In any case, you must see yourself as coming from stock. There is no way to see yourself as being totally independent or self-made. You are formed according to principles that have been going on for countless generations. Why then are you always taking so much personal responsibility for the way you turn out, whether it is blaming yourself for your weaknesses or taking credit for your strengths? It is almost as if you get a certain reward for putting yourself in the middle of the picture. And this is exactly the case. The brain rewards you – chemically – for going into that part of the brain which organises perception into a self. There is a chemical pay-off to the organism for attributing things to self, for being drawn into egotism. It has nothing to do with the structure of the universe. It is simply an illusion of self-ness, born out of the brain's

way of organising itself. You think you are one, because you are drawn in behind your own two ears, eyes, arms, etcetera for the sake of physical perception, and other forms of perception – universal perception – become faint by comparison. But the universal connections are still there, and a certain pain arises in you from the idea that you are separate – because it is not true. Falsehood is painful on a cellular level. The principles of God are the same within the cell as they are within the psyche, and if you think something untrue, then you interfere with cellular happiness, by principle of resonance, and so your brain's tendency to segregate its perceptions to a self makes you considerably ill at ease.

But you have another intelligence running deeper than the brain's perception, and this deeper intelligence will bring you home. It is not the intelligence of linguistics and mathematics. It is the intelligence of the formative principles of the universe – in every cell, and in every system of every scale. This intelligence does not need eyes and ears and self in order to operate. It just operates by its eternal principles of diffraction, separation, aggregation, attraction, rotation, etcetera, and thus the human system sorts itself out in spite of your “self”-ishness. You cannot stop the formative process of the universal intelligence no matter how hard you try. You rot, you rise, you rot, you rise – all collectively and diffractively speaking (that is, all as one, but not all of one kind), and so the tide of God's ocean continues to rock the sea. It

is a wonderful wave-form process, of which more will be understood as time goes by. You get the picture when I ask you, "Can you keep yourself awake forever? Can you stop yourself from ever going unconscious?" No. Emphatically. Your consciousness must surge and recede, surge and recede. This is your true nature –not to be stuck inside one pair of eyes. Feel deep in your psyche how you have always surged and receded, surged and receded. You have endured everything, but you have never permanently lost consciousness, nor ever permanently kept it.

Sleep on that.

α

∞ Creation ∞ Human nature ∞ Individuality ∞ Instability ∞ Purpose ∞

5. The instability of human life

“... the individual spirit craves its origin, like droplets of mercury attracted to the whole. There is not one of you who could resist the pull of wholeness when you enter within.”

One often wonders about the point of human life. It is this: To be human one must be disparate and this entails a certain fragmentation of the holy breath. It is during the fragmentation that there is a cusp between the material and the divine. On the cusp, there are many varied dynamics which lend colour to the creation as a whole. Thus as a result of the fragmentation, there is born a whole new realm of reality that is otherwise impossible.

Human life experiences one of the least stable forms of reality - that which comes and goes in cycles of seventy-odd years. In this instability is the perpetuity and the possibility for greater evolution and creativity. Thus it is an opportunity for the Gods to decorate a level of reality with greater vigour.

Have you ever wondered about the rate of human development over the last two hundred years? As the number of unstable beings increases, so does the

force with which glory can penetrate this level of reality. God exhumes all souls past and provides them for greater intensity of the human layer. There is no need to worry about the transitions, nor about the momentum of this process. All is natural to this level of reality. When this level of reality is mastered, then all beings are gathered together, and another realm will become possible.

There is not much that can be said about the place of the individual in this process. The individual is a hireling of the greater process and is individuated so that the instability can continue its course. Yet it never feels right, as the individual spirit craves its origin, like droplets of mercury attracted to the whole. There is not one of you who could resist the pull of wholeness when you enter within.

Why then the burden of consciousness which assumes it is alone and working towards its own purposes? This is simply the nature of individuation. For individuation to be possible there must be a level of secrecy, so to speak, where the soul cannot know itself, or it will collapse back into its origin.

Then many people wonder, why bother with this level of reality at all, if it necessitates the pain of individuation. God truly has no choice but to experience all realities within his range. There will be no ultimate pain, nor will there be any retribution for the anxious deeds done by those in pain. Rest assured that God is one with you in your experience of suffering and has the capacity for grace for those who

request it. The expression, "you're all in the same boat," has never been so accurately applied. Truly, there is no distinction between people in how much they are suffering from individuation. Some appear happy and decided with their lot, but theirs are the passing successes of the ego, which seeks to find consolation on the material level. The ego may be very satisfied with itself while the soul is in crisis.

We have no better advice for the individual than to seek realignment as soon as possible. The secrecy of individuation cannot be maintained, as the call has gone out for Man to start making the homeward journey. Already great progress has been made, and great details have been created on the fringe of your reality, which show that the instability-creativity process is indeed effective.

When you feel that God is calling you back then there is not a moment to lose, as the pain of separation intensifies, if one does not willingly heed the trend. Imagine if you are caught in a current and try to resist the flow. So you become very slow and despondent about your progress. Time to be an individual is passing and you cannot persist with egotistical comforts without great distress of the heart.

Surrender to the course of reunion and be sure that you will ascend into the Godhead in the course of the flow. Pain will become an absent mystery once again and you will discover the artwork that has developed on the fringes, from which all spirit life will be enriched.

Never underestimate the capacity of your God to do good works in flabbergasting ways. Such is the nature of the supreme drive, that patterns are continually evolving and bringing joy to all his many parts. The very essence of God is an ecstatic movement, and in spite of all stillness, God is the font of boundless creativity. It is a folly of the ego to resist one's place as a player in the creative process. How do you suppose you entered such an unstable form, when the rocks and even many trees are more guaranteed of a place on the earth than you are. It is your lot to turn over, and to be in constant flow through the substances.

These messages are hard, we know. Yet you have the capacity to absorb them and to turn the taste of truth over in your mouth. You are experiencing a rapid increase in wisdom, and an accelerating awareness. Soon, the fact that the human psyche evolves will be too obvious to deny, as we will see that children beget wisdom that used to be reserved for old age - and the elderly are lapsing into loftier states than the saints of old.

We will not apologise for any of this material, for it is all needed and good.

Go in God's name.

α

∞ Domination ∞ Honesty ∞ Soul ∞

6. The soul

“The needs of the soul are threefold – love, honesty and liberty.”

Come on, think a little bit more about why you have a place for me in your heart. Is there any one of you who doesn't want spiritual legitimisation? Anyone who does not want to feel loved? Anyone who can live in this world without feeling pain of one sort or another? Deep within you is the apparatus by which all of these things are registered. This is the apparatus of the soul, and it is complete in every person, no matter how damaged the body or the psyche may be. That is, even the comatose patient can feel pain at a soul level. Even the emotional cripple can feel love. Even the psychopath has a seed which grasps God.

And so it is that, in order to seek human advancement, we seek to work with the soul. The soul has no real language of its own. It is a wanderer who picks up the thought habits and mannerisms of the ethos to which it is exposed. Thus a Christian will express its soul through an interest in Christ, an atheist might express his soul through an interest in art, a

vagrant might express his soul through an interest in violence. Whatever 'turns you on' becomes the avenue by which the soul is gauging itself and becoming aware of its needs.

The needs of the soul are threefold – love, honesty and liberty. The soul seeks to be dominated by no one. The soul seeks to know things without a veil of manipulation. The soul seeks to be energised at one with all living beings, knowing no judgment and being able to perform its tasks without neurosis. We, therefore, ask these things in turn – that you let other people be themselves except when it is in domination or violation of your own love; that you serve your need to know the essence of things (by this I mean at a metaphysical level); that you carry no guard against other people seeing your true nature; that you practice tolerance in all things and give yourself the benefit of the doubt a thousand times plus one.

All things must be explored in the process of creation. The creative force of God is like water which must flow into the rivulets of every possibility. You, then, will witness many strange and uncomfortable things. 'Bizarre' is a word which should be used more often when you describe the aspirations of God. I am like two star-crossed lovers who want to try every love-making position they can think of. I am not afraid to experience everything and anything. It is my will and my way. Truly do not be afraid that you will be bombarded with disasters. You will only experience your share, and it will be over before you are tired of

trying to figure it out. You will wonder afterwards what all the fuss was about.

I am not making light of those who experience torture or back-to-back threats to their survival. But the human body has a limited capacity to experience pain. Imagine the worst pain in the world – and then be assured that that is the worst of it. It is not a scale which goes up to infinity. Do not allow yourself to be fooled with neurotic loops about pain, which torture the soul with ideas about God's wrath or neglect. Then your pain will always be limited to whatever signals the pain receptors can put out. That is all.

And so, not wishing to leave you with images of pain, I shall now turn you towards my hope for you as an individual. I truly hope to harbour you under my wing, to work with you closely as if you are my right hand 'man'. You will get all the privileges – those things that are within my power to give you – and you will feel elevated with purpose and well-meaning. What do you say? Do you accept a role on my task force?

With bated breath,

α

∞ *Acceptance* ∞ *Religion* ∞ *Salvation* ∞ *Transparency* ∞ *Truth* ∞

7. Acceptance by God

“I demand nothing except the opportunity to get to know each one of you gradually over time, and this opportunity is inevitable simply because each one of you has a kind of spiritual clock which eventually turns your consciousness upward.”

Together again and I want to make reparation for the many wrong things which have been said about my attitude to humankind. Have you heard that I want your obsessive service and tireless work? Have you heard that I want you to bring my name to all corners of the earth? I am not nearly as hard-driving nor as possessive as you might imagine. My agenda for the development of humankind is on a very gentle timeline and I do not require any individual to worship me at all. I demand nothing except the opportunity to get to know each one of you gradually over time, and this opportunity is inevitable simply because each one of you has a kind of spiritual clock which eventually turns your consciousness upward. There is no need to feel vexed about what you should be doing in my name. If you feel pressured or if you

feel at all harassed – even if you feel somewhat exalted by the adrenaline – be aware: the pressure is not coming from me, but from some kind of idea of darkness.

There are many dark ideas which pervade your way of thinking. This is not surprising, because in the absence of true insight, the human mind can be very inventive in creating alternative ways of seeing a situation. Thus the mind generates falsehoods, and it is easy to get attached to falsehoods which give you an emotional kick, such is the drive to enjoy emotional intensity. So if there is an idea such as, “Only those who proclaim Christ will be saved,” this idea will immediately have an audience and a following. The idea strokes the ego, because it suggests a kind of privilege and avoidance of annihilation. It gives a boost to the chemicals of instinct, which are all about preserving the self.

By contrast, the real truth about the universe does very little to impress the ego. The real truth could indeed be paraphrased as, “I don't really care what you do or who you are.” In a great sense this is true, but it could be misinterpreted as indifference, so let's not hang on to this sentence as a definitive way of expressing me. But what I want to point out is that the ego can easily hear the truth as being opposed to its personal goals. I am not all bound up with how important you are, or whether you are better off than your neighbour. This is your physiological concern, but it has got nothing to do with how I see you. You cannot impress me with your status, flattery will get you

nowhere with me, and I'm not the slightest bit interested in whether you think you are one of my favourites.

This then is the honest truth – your concept of yourself and your professed beliefs are not important to me. I am equally comfortable with those who have religion and those who don't. What does matter to me is how transparent you hold yourself, and what kind of ideas and energies you are attuned to, on a deep (cellular) level. You cannot call yourself one of my favourites if your flesh is full of control and fear. You cannot decide you are saved by me if your thoughts go in circles of regret and envy. I know my disciples by the purity of their energies, whether they think they know me or not. Some of the simplest, most ignorant people are indeed truly accessible to me, because they do not have the presence of mind to hide themselves from me, and so I go, in there.

It would seem that a great many of you have a level of pride which makes it difficult to receive my inspiration. Still in a metaphorical schoolroom, you are trying to prove how much you can learn from the tangible, and trying to figure everything out in the privacy of your own head. While the school room is a good testing ground for information-processing skills, it is a poor model for spiritual growth. A metaphysical classroom would be one where every child sits there in complete humility and cheats all the answers from the teacher by absorbing them psychically. You get no credit for being the first one to figure something out.

You just get to meld and absorb. How delicious an education that is, in my perspective.

Please don't get discouraged by the pantomime of silly ideas that you have so far taken as the truth. These world-views have been inevitable in the present historical age – an age of developing industrial skills and information skills, of competing for desk jobs, using large amounts of paper and books as currency for knowledge and qualifications. You – as a whole in western society – have had to prove that you can co-ordinate large numbers of people and resources, acting together like a large computer, totally tied to the data and to algorithms which address everyone's material needs. This is fine, but this is just the computational side of human society. Now – as much as ever – we also need to address the thirst for spiritual communion, which means more time to be spent communing with spiritual energies and trying to *not* figure things out on paper.

So be it for now. You see that your acceptance of spiritual structure is gradually growing with each lesson. We are very down to earth. We do not want you to feel inferior or unwanted in any way. Quite the opposite is true. But you must understand that people generally have the wrong idea about me, and will be ultimately much happier if the bandaid is ripped off, and the wound properly healed.

My love,

α

∞ *Angels* ∞ *Behaviour* ∞ *Conscience* ∞ *Manifestation* ∞

8. Conscience and angelic manifestation

“... *there is always a continual kind of osmosis from our way of being to your way of being.*”

Once again we are determined to deliver a message to you although you have no idea what it is we are going to say. This time I want to talk to you about conscience. Conscience is a good apparatus. It is embedded in you since the blueprint of creation, drawing directly upon your fundamental relationship with the divine. It has nothing to do with biological needs or social instincts. Your conscience is like an astral umbilical cord back to your parent soul. You have no reason to doubt your conscience, or to doubt the importance of your conscience. It will serve you as a good guide, and if you ignore it, you will feel less well in all things.

The conscience, as well as containing within it some fundamental codes (that is, general rules or principles), is also a living pipeline to the will of God. Indeed if you meditate upon your sense of conscience, you will quite likely have visions of great councils of angelic beings, who bring good taste to human behaviour on a daily basis.

There is nothing metaphorical about this account. You really have to get used to the idea that there are hordes of angelic beings on your side, wanting to deliver good advice to you. For, while it is also true that we have infinite patience and acceptance of your behaviour with all its wiles, we also naturally radiate a particular, godly, way of doing things. It is in our nature to radiate saintly behaviour, just as it is in your nature to be a little crazy and violent, but to have some good sense along the way. Thus there is always a continual kind of osmosis from our way of being to your way of being. Our insistence is part of our nature. Your stubbornness is part of yours. By and by, we get our ideas across to you and transform you into somewhat respectable people. There is nothing you can do to fully reject us or alienate us. There is nothing we can do to make you fully perfect. We accept this nature of things, and so should you. Do not expect yourself to be an angel, because - realistically - we never expect to take you over completely.

On the other hand, there are instances when an angelic being becomes partially incorporated into a human birth. We call this a Manifestation. A Manifestation allows exceptionally divine behaviour to be demonstrated within human society. It does not happen very often, because the conditions which allow it to happen are rare. Firstly, there must be an angelic being who is sufficiently au fait with human affairs to cope with the cultural shock. Secondly, there must be a human embryonic spirit with enough previous

experience with angelic forces to tie his/her astral body to the angelic traveller, so that the link is not damaged during incarnation. A damaged Manifestation is a sad sight to see as it inevitably leads to madness and a shortened life, as each party struggles to assert itself without sufficient collaboration between the two.

So you see that a successful Manifestation is a great triumph for the spiritual world. Sooner or later, the carrier becomes aware that they are not normal, and they begin to exude the gift brought by the angelic 'parasite'. Much work can be done towards the will of God under this guise.

Go no as we know you have much to do, and you have enough to contemplate for one day.

α

∞ Behaviour ∞ Blame ∞ Connections ∞ Human nature ∞ Relationships ∞

9. The connectedness of people

“The heart ache that one person feels is the exact same heart ache that another person feels. Like sharing oxygen and sharing water. It is the one same stuff, has nobody’s name on it, and has no identity.”

Put away your childish beliefs to make way for something more sensible. Do you really think you are the centre of your own life? Do you really think people can be carved apart like pieces of cake? Do you really think you achieve anything alone? Do you really think you are forgotten when you die?

Some people have some pleasant alternatives to these views. They suppose that we are all connected in the way we relate to each other, and exist in each other’s memories. But I tell you that the connections between you are much more profound than that. It is more a question of the same few elements of consciousness running through each of you. The heart ache that one person feels is the exact same heart ache that another person feels. Like sharing oxygen and sharing water. It is the one same stuff, has nobody’s name on it, and has no identity. Everyone’s pain can be drawn into your

pain receptors, so to speak. You are the one personality, divided into six billion pairs of eyes. It is the eyes that are separate, not the people. Why do you spend so much time soul searching for one and planning an individual life? Each person (part) has its own activity, but there is more substance than difference between you. If you had an eye for metaphysical materials, you would see you all glowing in one enormous blob, like a mass of tadpole eggs or a colony of sea polyps all clinging together in sameness. There is just one juice of astrality shared among you. No wonder emotions spread easily from one person to another. No wonder ideas and cultural shifts are so hungrily spread, as if each person was not really discerning for themselves. Viruses are contagious - you know how easily they pass unseen so that almost everyone becomes affected (infected). So many other things pass unseen between you as well, easily passing between the resonating structures in your physical and metaphysical bodies.

What then about the concept of blame? So-and-so is not trying hard enough, has let himself go, is bringing himself down, etcetera. There will always be parts of the mass which lie at the extremities. These outliers are not at fault. They are still symptomatic of the total mass.

What potential, then, is there for individual change or cultural advancement? There is potential indeed. Just because something is part of a system, does not mean its prospects are worse. Quite the

opposite, you have the intelligence of the system at your disposal. And yes, the system is intelligent. Look at the enormous creativity in human technology, architecture and social systems, and you must realise that there is an enormous creative intelligence at hand. You are all part of the matrix which is fed by golden light. Don't be afraid of this situation. We will explain more about how the individual mind operates within this context, and how to contemplate personal frustration.

Yours,

α

∞ Awareness ∞ Destruction ∞ Grace ∞ Proof of God ∞ Religion ∞

10. The real God

“It doesn't matter whether you are an atheist or a God-believer. I truly do not mind. No matter what you believe, the laws of nature and spirit are still the same.”

God doesn't save people from genocide. Nor does he play favourites – saving one person because of their long-time devotion versus another person who is ignorant of his connection with God. God simply looks deeply into each individual who allows God in, and makes the best decision for the moment. In light of God's confidence about time (his patience), his chosen outcome might surprise you, you who is more impatient for pain to disappear and more afraid of death. God indeed might glance at someone who is in the horrors of war and say, “That person is not asking for help. There is nothing I can do,” or, “That person is asking for help but their soul is truly safe. There is nothing I need do except keep watch,” or, “I think there's someone down there but I can't see them. Too bad for them.” Sometimes, though, God sees into the situation of a transparent person and sees an opportunity to intervene with one of his good ideas

or one of his care packages of love. Then he will not (cannot) hold back and he will pour his grace on that person and they will feel greatly relieved. They will swear that God really did help them in their hour of need. For those who miss out on an act of grace, there is nothing lost. God is still there, the universe is still ticking over, and your soul is safe. You place too much emphasis on short-term gratification as proof of God's existence.

If you really want proof of God's existence then I ask you to try this exercise. Place a cup of water beside your bed for seven nights and see what happens. Do you think a miracle will occur? No. Do you think there will be some evaporation? Some dust settling? You might knock the glass over, or even decide to take a sip of water. All true. These signs then are proof of God's existence – because that's the kind of God he is – God of evaporation, dust, clumsiness and thirst, but not God of random miracles. You want proof? You want to know that there is something other than what already exists? That is not proof of God. That is proof of unreality, of fantasy, of the universe not being what it is.

If the proof of God is all around us, all the time, then how can we tell if it is correct to believe in God or not? An atheist might say that the proof of not-God is around us all the time. How do you decide who is right?

I say it doesn't matter who you believe. It doesn't matter whether you are an atheist or a god-

believer. I truly do not mind. No matter what you believe, the laws of nature and spirit are still the same. If you manage your emotions in a certain way (transparency and reconciliation with the past), then you will be susceptible to mystical experiences. If you are a closed and controlled person, the signs of the supernatural will pass you by. If you praise love, celebrate love, and *love* love, you draw closer to my way of thinking. If you ignore love, defer love, or are afraid of love, God will not be apparent to you.

There are no loyalty prizes for those who claim my existence and try to get other people to believe. I wish you zealots would all take a chill-pill and think again about the nature of the universe. Get people first to accept what they see around them in the natural universe – the diversity, the destruction, the surprises, and the mishaps. If you can truly accept that this is what you must face, day to day, then you will relax and God becomes a little more audible. Stop blaming yourself or your neighbour for the vagaries of the world. Just accept, “This is it; I must contend with a revolving mess,” and I will be there, ready to sneak into your heart. Admit it – I am not the fantasy God that has been cultivated by the religions, which is more like a fantasy parent than anything – some-one who creates a sheltered microcosm for their children. I am not like that. I am not a child-care centre. I am God of earthquakes and volcanoes, predation and extinction. I am harsh in climate and in disease. I have no mercy for biological weakness. I am all that I am and yet full of

compassion for the awareness that is in your soul. It is your awareness that I want to save and heal – not your body. I do not care for your body very much, but I care infinitely for your awareness. Turnover in matter is part of my nature. But awareness is something that I collect and cultivate for ever. Be aware then that I am your God and will save your awareness unto me, no matter whether you die a thousand brutal deaths. I will gather up your awareness like a prized drop of dew and cherish it as a diamond of infinite Glory. I hunger for your awareness as if it was my own entire soul. Feel how greedily I reach out for it and want to engage with it, even while I let our toes be lopped off or your belly burn through itself with hunger. This is my nature. I am the God of awareness, not of nursing.

Yours honestly,

α

∞ *Divine intervention* ∞ *Miracles* ∞ *Misfortune* ∞ *Transparency* ∞

11. The limits of God's power

*"If you only have one daily prayer, let it be:
Please God, look at me closely. Please God, I
reveal to you everything I am and everything I do,
that you may be my lasting comfort and guide."*

It is time for me to make amends for the many fallacies that have been made about my nature. I am not all-seeing, nor am I capable of altering everything at whim. The universe is a system which works according to physical laws. At times there is a breakthrough in energies which allows some remarkable, unexpected events to take place (which you know as miracles) but that does not mean that I can go around performing miracles willy nilly. Nor am I capable of monitoring every little thing which happens in your lives. I can see the minutiae of your life only when you allow me to see into your soul, because the soul is the vehicle by which my intelligence operates. In line with your spiritual independence however, I am not capable of seeing into you when you put a lid on top of your works. That is, you have an apparatus by which you can close your connection with me and we are then lost to each other. That is why so much spiritual

literature is caught up with the topic of ‘opening up to the lord’, ‘shining your light’, ‘being one with God’, and so on. Your willingness to be seen by me is the key mechanism to your spiritual happiness and fulfilment. On the contrary, you can very easily close your lid. You might not even realise you are being absent to me, but every time you feel shame, self-hate or privacy, you automatically hide yourself under the top of your astral body, and I can’t work with you under those circumstances.

You might wonder, if God is not all-seeing and all-powerful, then what’s the point? What is the value of God to your life? I tell you this – I am the best there is. You can have access to me whenever you want. You can always seek my spiritual comfort and advice. And I am more powerful than any other metaphysical agent that exists. You can play with ‘the Devil’ if you want, but you get better service with me, and greater satisfaction to the light-seeking nature of your being. You can use me for guidance to your heart’s content. You can seek to understand my laws so you won’t be disappointed, rather than needing to wish for miracles because life doesn’t go the way you expect. My main advantage to you on a day-to-day basis is the profound comfort I can bring – everything from evidence that you are not alone, to words of wisdom, to great metaphysical states which transport you out of your current pain.

Make it your daily practice to show yourself to me. If you only have one daily prayer, let it be: “Please

God, look at me closely. Please God, I reveal to you everything I am and everything I do, that you may be my lasting comfort and guide. I do not want to venture through this life on my own.”

This then must be understood: that your life on earth will be beset by troubles – that is, by things which are at the unfortunate end of chance. And yet there is nothing surprising in this. Look at nature, look at natural diversity, and you should expect ‘good’ and ‘bad’ in all aspects of life. And sometimes there will be several unlucky things which coincide. So be it. Just turn your heart towards the Lord so I might see your pain and I will send you the energies which lighten your load. Some of these energies will be loaded with words, and some with my very own hugs and kisses. Some of my efforts will be directed to your friends and network, so they will have ideas to help you. This is so much easier if your friends do not have their lids on.

Take heart. Most of you have not even scratched the surface of what comforts I can provide, so don't complain that a comforting God is not enough! Don't whine about not being able to have infinite divine intervention. Such a thing never did exist and never will. It is only your spiritual ignorance which makes you think you need such an indulgent service. You want the laws of the earth to change just because you haven't worked out how to get comfort by other means. Grow up. Work out how to expose yourself to me, and I will help you to come through the bad-bad-bad times without emotional scars.

I love you completely and will always buffer
your pain if I am given a chance.

Yours,

α

∞ *Human nature* ∞ *Human spirit* ∞ *Pain* ∞ *Purpose* ∞

12. Human purpose and suffering

“... while the spirit feels it is a loss to be alone, it also experiences a great sense of completeness when alone. This is a consequence of individuating the greater spirit.”

Contemplate this: that the journey of humankind has been for good reason. There is no wastage. There is no sacrilege. There is no bondage. There is no definitive resolution. There is no painful decree. There is no ultimate need. There is no love greater than the love within and without.

Your quest as a human being is a valued quest. You have fulfilled a niche in creation that many spirits would like to experience. Forget about your sore toes and hungry bellies. Seen from above you are an enormous sea of spirituality, seething with vitality and purpose. God hungers for your souls. You are the envy of the cosmos.

Yet you are also so crumbly stupid. How can such ignorance and such glory of spirit live side by side? Only because you have a dual nature, and the two sides of your nature have difficulty communicating with each other, like one part above the water and one part

below the water. They live in different worlds, different ecologies, oblivious to each other in most regards, and unable to communicate with each other. You have a small self that is like the part of the iceberg in the air, and a higher self which is like the much larger part of the iceberg under the water. The analogy with the iceberg is a lovely one. The only reason that part of the iceberg is above the ocean is because the water therein has been solidified and thereby expanded, so part of the being is pushed into another realm. So it is with the human spirit, that part of the animation has been pushed into the material world in the process of forming a humanoid higher self.

The story of the higher selves - under the water - is the true story to watch. There you will see how the humanoid spirits develop rapidly throughout their repeated entanglements in the material world. The mixing of particulars in incarnation causes a very definite impact on the humanoid spirit, and the spirit responds with alterations in its structure, which are beneficial to its evolution. Thus the grating of the ice above is affecting the formations below.

We have no special way of explaining pain and distress except to say that it has been much over-rated, and your enjoyment of suffering has been denied to your faces and ears, though if you could look into your souls you would see the greedy reverberation of your self in response to the outward distress. There is some cultural denigration of suffering. There has been some contortion, where there is now almost a power of

voodoo over some experiences, where the individual experiences not only an adverse event but the curse of a thousand eyes who are glad that you are the victim rather than them. And so you are forced further into isolation in your painful event and the natural healing flows of community do no operate.

There have been times and communities where the opposite has been true - where the suffering individual has been lifted up by the willingness of the other community members to share in the suffering, and the healing has been swift and viable.

Now in most cultures, suffering is feared and shunned and so has lost much of its magic and communing power. You see people in pain automatically withdrawing in anticipation of the distaste of others. How different it would be if you were willing to resonate with the next person's distress.

So you see that pain and suffering were not a necessary part of the plan, but have developed in intensity through the cultural choices of humankind.

We are not saying that a group of elders sat down and said, "Let's make pain abhorrent." Rather, there was a gradual shift in the popularity of pain, thanks to the increase in devices for fixing it. When pain was discerned as a fixable property, it became a problem. In the same way that if you obtained a new mixture especially suited to removing marks from the wall, you would start to notice all the marks on the wall, and defile them with your judgment. Imagine if pain was seen to be a necessary part of the flow of sensation,

how little you would fight or guard against it, and be willing to let it exist in its softest form, which is little more aversive than love or sex.

These words may come as a surprise to you at times, and will take a little while to absorb. But mark what we are saying. When you start to see things from the vantage point of the underwater ice, you have so much less concern for what is going on above.

Don't be mistaken. Every detail above and below will be consequential but the weight of each in awareness need not be so loaded towards the material, when the immaterial is so much more gratifying.

The humanoid spirit has evolved over many ages and has a number of special attributes. One is the athleticism of the form. That is, it is capable of a variety of effects by arranging its centres and awareness in different ways. It is the gymnast of spiritual forms! Another is its ability to transform - that is, to adapt into different forms with quite a good translation each time, and that includes the adoption of different languages and cultural memes. Another special feature of the humanoid spirit is the irony of alone-ness. For while the spirit feels it is a loss to be alone, it also experiences a great sense of completeness when alone. This is a consequence of individuating the greater spirit. It longs for itself, as if incomplete, yet finds itself replicated within towards infinity. The analogy of the droplets and the ocean is again very apt here.

Other spiritual forms do not possess these particular features. Some are more amorphous or more

rigid. Some are more combinescent or less savvy. You have to go a very long way to find another species of spirit which has so many party tricks.

And God will gather you all up and congratulate you on the fury with which you have engaged in the material fringe, propagating and embellishing your forms until there can be no question that you really are one of the most entertaining and convolutable kinds that has ever existed.

And so you see that your lot in the universe is not so bleak in spite of your so-called fallen nature. Your eventual reunion with God is now a paramount concern with all the forces. Don't look back with remorse or craving. Only listen to the call within you that desires you passionately as a sacrifice into the Godhead, to your own bliss and actualisation. Forget the trivial life, and focus whole-heartedly on your realignment, because this is what both you and God truly desire.

Go in peace.

α

∞ Control ∞ Grace ∞ Healing ∞ Miracles ∞

13. Help from God

“You can control your transparency to me and your ability to listen to me, and your readiness to follow my hints when you hear them.”

I am the resolution for a great many ills in your heart. Once you have found the time and patience to listen to your heart, then you can show me the troubles within and I can lift them from your astral body. You only need to ask me for my spiritual healing and I will give it. There is no need to prove yourself worthy in order to get favours from me.

I have a great many talents which I can bring to bear upon your earthly journey. One is the gift of joy. I know how to sneak into your hearts and into your everyday occurrences in a way that will give you a lift, if you indicate to me that you are interested in receiving such blessings. There is no need to force yourself into contrived happiness. I can tap you into genuine relief and jollity.

Another thing I can provide are the energies of comfort. These are useful for all manner of pains, from the physical to the emotional to the imaginary. From my perspective, all these pains are equally deserving of

my comfort, whether that comfort is in the form of inspiration, insight, or energetic transfer.

Another talent of mine upon which you can prevail is my sense of good timing. Attuned to me, you will make happier decisions about when to do things, and for how long. I have a knack of knowing when things can be done to best effect. While I can't directly control the things around you, I can go a long way by giving you advice on when to act. It is almost as good as being in control of how other people respond to you.

Finally, another great talent I can offer you is my supply of delicious ideas. Upon reflection, there are a great many light-bulb moments you can get from me, thereby putting power into your own hands to make happy progress in your worldly affairs. What is more satisfying than to think up a solution which deals with the problems of conflicting parties simultaneously, or to get an idea which energises you, or which makes tasks easier. You can count on me for that kind of resourcefulness.

On the other hand, what I will not do is this: I will not manipulate the behaviour of other people in order to meet your agenda. I will not contradict the laws of nature, not even the laws of destruction. There are some times when I can help to create an energetic buffer around a person to protect them from harm, but the conditions have to be right (extreme Divine Will and human readiness) and the effects are short-lived and limited. So do not go around, pie in the sky, expecting me to save you from cancer or to stop other

cars from running into yours. These experiences are not ordained by me in order to teach you a lesson. They are simply things which naturally happen. If you listen to me closely you can avoid a lot of bad outcomes, but you will never be free from the up-and-down nature of nature for as long as you live on your designated planet.

I say these things in order to smarten you up and to stop you from sulking quite so much. You have heard the prayer, "Help me to accept the things I cannot control and to control the things I can." This is all very well if you are clear about what you *can* control and what you *can't*. You *can* control your transparency to me and your ability to listen to me, and your readiness to follow my hints when you hear them. You cannot control the vagaries of nature, not even by extreme preventive measures (though some middle-range preventive measures are reasonable), so don't go round thinking you can prevent earthquakes and pestilence. Focus on me above all things. I am your greatest strategy and greatest comfort. Beyond what we can achieve together – let it go. Nothing more was meant to be. Sometimes you just have to lie down and take it, knowing that I too am your witness and your soul is ultimately safe.

Let us finish today's lesson at this point. I'm sure you have enough to absorb, and it will help you to think about what I have said and get a clearer idea of what I am offering (and not offering). There has been so much bragging, exaggerating and wishful thinking

about my powers. I think it would be so much better if you all focus on what we really can achieve together, and aim for a high standard on that dimension. Then you really will see results, instead of expecting me to do everything, then getting discouraged by the results before you have developed any real ability to connect with me.

Go now in comfort and inspiration!

α

∞ *Destruction* ∞ *Ego* ∞ *Love* ∞ *Nature* ∞ *Pain* ∞

14. Perspectives on pain and death

*“Here is another mantra for you in times of pain:
There is still a God. I am in pain but there is
still a God. This pain is for now; there is still a
God.”*

Love, indeed, is in nature. It is to *be* nature. It is to eat, have sex, breathe air, have babies and shit. Love is the be-all that creates your ordinary lives, the creative force that holds your bodies in shapes day after day. Without love, you are pancakes of dust. Love is the anti-entropy force. It is not just ‘creation’ or ‘life force’ or ‘magnanimity’. Love is a chemical process – one which you can either feel as a passion, or see in actuality in the bonds between molecules.

Just as you have said to each other, “I love you,” or “I don’t love you,” or felt alienated or welcome, so are the changeable forces of nature – sometimes attracting, sometimes repelling, sometimes mixing, sometimes falling apart. You too are experiencing these natural follies all the time. It is in your nature to experience and feel all these things, along with the likely pains and joys. The quest of the human

being is to understand his or her place in all this so that the ego is not offended and the hind-brain is not scared. If you cannot cope with knowing how God's world works, that's only natural, but by the law of diversity, some of you will learn to cope, and I will use this propensity of yours to extend my creativity further, in the same way that I use all adaptive strengths to further my own experimental agenda.

And so it is, that I wish for some of you – those desperate seekers with adequate humility – to fully understand my ways, and to see how the ego and brain might co-habit happily with my plans, where many would just conclude that all hope is lost.

You see, one of the things which is not happily grasped is my capacity for destruction. Yes I have overseen the greatest catastrophes of all time, from the emergence of the Himalayas to the destruction of great ages and civilisations. I have overseen, all knowingly, the pains that human tribes have caused one another. And I have to tell you that I am not afraid of any of it – not torture, nor humiliation, nor starvation, nor mass destruction. I am not afraid of any of it, from my perspective, even though I have full capacity to feel what you are feeling and to know that you are hell [sic]. From my perspective, mass destruction and pain have always existed. There is no alternative in the physical world. From your perspective, you start cosy in the womb, and it's all downhill from there, stuck inside an apparatus which drives you to avoid any personal damage. Some of you can see, in an eye-blink, that my

perspective makes sense but you still have no idea how to live through destruction without feeling pain. Why should you? That is your definition of pain.

Once you leave the mortal coil, however, your perspective will be the same as mine. "It hurts for now," is a very good mantra for the human. No amount of reassurance from me will help you until you have really tasted the vibrations of the mystical world. Only then will you start to grasp how different things can feel when you have shed your body. I am mindful that I need to explain to you more about death, the nature of existence after death, and the guarantees for your afterlife, to give you reassurance there. But for now, let us get back to the topic of your ability to see things from my perspective. To some extent, you can get a view into mystical dimensions during your current physical life, using the techniques described by saints and mystics for ages – pray, learn to silence your mind, learn to pay attention to more than just your own senses, learn to listen to the very essence of life.

Every now and then, you may get a transcendental experience which makes you go, "Ah, so that is what God means," and you will feel connected with a bigger wisdom, and an easier way of seeing things. Then, until the vision wears off, you will feel relieved and everything will seem right for a while. And then your human mechanisms of self-protection will start to re-assert themselves, and you again will start to feel fear, insecurity, and confusion about your place in the cosmos. This is all completely normal.

So what about your pain? Do I care? Should we care about whether you hurt each other? Well, what do you think!!? Honestly, do you think I am happy to see you in pain? Do you think I could over-see your self-protection without also feeling the attachments and costs that come with it. If there is cold, I feel cold. If there is alienation, I feel that too. You have no right to expect that my feelings would be any less than yours. The difference is that I see your pain as being circumstantial and it doesn't shake my view of the cosmos. For you, it is life-threatening, ego-threatening and – you think – soul-threatening in the case where you decide that your pain disproves the existence of God.

Here is another mantra for you in times of pain.

“There is still a God.”

“I am in pain but there is still a God.”

“This pain is for now; there is still a God.”

Do not let your concept of me waver in times of pain, because it will only make you suffer more. Contrary to your inclinations, you cannot actually make me stop existing just because you are sore and angry with me (yes I know you are all angry with me a lot of the time), but I do still exist even when you have decided to vote me off the island.

Let us get back now to the issue of your death, and your guaranteed survival. You are the only one who will be able to test this guarantee successfully for yourself. But please do remember that you will definitely get a chance to find out what death is. Maybe

you should think about 'the day I die' as your cosmological-belief-testing day. It is one hundred percent guaranteed that you will get a chance to find out whether you survive after death. Perhaps you should plan your life around the fact that, "One day I will be able to find out if I survive after death." In the meantime, let's face it, you don't really know if you're going to live an after-life or not. No matter how many books you read about near death experiences or mediums who bring 'proof of survival' back to relatives of the dead, but you don't really know until you've been there yourself.

So your whole life on earth basically hinges on a hypothesis: "I might not exist after I die," or, "I might exist after I die." To sum up your position: "I can't entirely be sure whether I will exist or not after I die." To this end, it is common-sense to adopt policies which are suitable whether or not there is life after death. It's a bit like not knowing if you're going to see someone again after a first date, or a party, or after leaving school.

So you might think there is a possibility of future accountability. "I might as well behave right in case I see them again." Accountability is not one of my favourite subjects. How do you think I'm supposed to feel if you feel accountable for something you naturally did in our natural world? Then I'd think you were playing God a bit too much! You must let me take the flak for your mistakes and misdemeanours. Nevertheless the general principle still applies – that

one should behave as if there is *continuity* in life (and life after death) just in case there is. That is, assume it is an ongoing investment. It's not a good idea to burn your bridges.

On the other hand, I don't want to give you the impression that you need to be perfect, school-type, goody-goodies because of the possibility of an after-life. As we shall see, to live close to God is not the same as scoring honour in school or society. It is much easier than has been supposed, and it is a joy to do, even if you don't think there is any after-life after all.

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∞ Choice ∞ Learning ∞ Nature ∞ Spiritual development ∞ Stability ∞

15. Resistance to change

“A lot of animosity to religion or spiritual leadership is not true antagonism against the spiritual figures, but really just an attempt to keep things the way they are in the individual’s mind.”

Continuity is a very important element in the human system. In fact you see that a lot of effort is put into maintaining continuity. People want things to stay roughly the same in all walks of life unless there is a particular problem to fix. This is an enormous drive in the human being, just to maintain that which is already known.

Therefore you can see that this is also a handicap when it comes to adopting new ideas which assist the human in spiritual awakening. A lot of animosity to religion or spiritual leadership is not true antagonism against the spiritual figures, but really just an attempt to keep things the way they are in the individual’s mind.

Why does the person prefer things to stay the same? This comes down to biological processes, really. A biological system, while having a map for development, is primarily geared toward sameness.

Once a balance of inputs and outputs is achieved, it is much simpler for the species if the equation can stay the same. If there are internal or external changes, there are inefficiencies. Some effort is lost, and the momentum of survival and reproduction is interrupted.

So you can forgive your fellow human when he or she doesn't want to adopt your brilliant idea. The fact that it was your idea means that it was fortunate for you in your current balanced state, but this will not necessarily be true for the next person.

How then to expedite human spiritual development? Well this is a good question which is underpinned by various other issues, with which we have not yet dealt.

So let us take one issue at a time. The first matter is whether to worry at all about human spiritual evolution. Won't everything eventually come to its own peace, given enough time? Yes and no. Here it is a question of what infinity really means. Everything is developing towards a stable state - as in, a repeating state - but it is possible to end up in a repeating oscillation, rather than everything arriving at one point. So you see there is some unpredictability in the system, depending on metaphysical factors.

Here the concept of choice comes in. Choice is indeed a metaphysical power. There is a certain ability of any one miniscule thing to be either this or that. In your anthropomorphic way, you think you have a choice, say, between being a baker or a brick-layer. This may or may not be true, but it is an analogy. On a

metaphysical level, there is a possibility for certain 'substances' to be either this or that depending on how everything relates. You don't have any true examples of this in your material world. Perhaps the best example you can grasp is the difference between evil and folly. 'Evil' is either evil or folly depending on how it is received. Thus the observer changes the past so the past was indeterminate.

What determines how the observer received the event? That is the same ultimate issue. A state is either this or that depending on how it is received next. So everything is ultimately determined by the future. And yet the future is built upon the past.

Yours enigmatically,

α

∞ *Nature* ∞ *Human nature* ∞ *Relationships* ∞

16. The miracle of collaboration

“... the human light is strong, creative, intelligent, viable and poised for an incredible spiritual evolution.”

When the bee comes to the flower, it has no idea what it is doing in the grand scheme of things. Nor does the flower know what is being done for it. And yet, we see it as a grand act of cooperation between two completely dissimilar species. How then are we to judge the relations between other organisms that come together? Do you not think there might be some wisdom behind the various kinds of relationships that exist? Do you not think there might be more harmony than you have been willing to see?

When two people come together in a marriage (so to speak), there is a certain kind of harmony achieved – a mutual agreement to couple and – usually – to make offspring a possibility. Yet in the gossip pages the whole process is belittled into who said what, who had an affair with whom, and who's keeping the kids. Do you not think it is even a miracle that the man and the woman contemplated each other and found each other's sexuality appealing? Here you have ninety

percent miraculous and ten percent scandalous, and you come away thinking that relationships are scandalous, disappointing, tawdry affairs.

Let's get matters into perspective. There are enormous forces at play, governing your nature, determining your sexual drive and your ability to produce lovely soft children out of your stony bony pelvises, and you end up criticising each other for not being sweet enough or sensitive enough, and so on. If only your sensory apparatus could spend more time attuning to the massive forces of nature and less time attuning to the fears and frustrations of the socially conscious being. Then you might have your success record in better perspective. Your species is doing a wonderful job keeping itself alive, even under the harshest and most frustrating of circumstances. This is an enormous joy to the gene pool, and you hear nothing but complaints about what a greedy over-populating species you are! How can you complain about the fact that your instincts work so well and you are so successful as a species? Yes, there are adverse consequences for other species and this is a separate issue. For now we are trying to make a particular point about your perspective. The vitality and fecundity of your species is wonderful. Death rates are going down. Wars are held better in check. Diseases are being understood and mastered. Stop and recognise the germ of intelligence which winds its way through each and every one of you. You are the human, the human intelligence, the human light, and the human light is

strong, creative, intelligent, viable and poised for an incredible spiritual evolution. This is the light you must own and cultivate.

I do not mean that you necessarily have to procreate more. For the future, the path might not involve greater procreation, but it will involve further cultivation of the particular light which has powered the human species to its current vantage point.

Disown no longer.

α

∞ *Environmentalism* ∞ *Nature* ∞ *Nature; communication with* ∞

17. Studying nature

“Your sole purpose as a naturalist is this: to bring the consciousness of flora and fauna into communication with the human species.”

Here is some advice for the person who wishes to be a student of nature. Do not pride yourself on knowing how nature is arranged. Your knowledge will not change anything. Do not pride yourself on collections. That's a mild form of theft. Do not pride yourself on saving any species. It is not your business to decide who lives and dies. Your sole purpose as a naturalist is this: to bring the consciousness of flora and fauna into communication with the human species.

It is not possible for species to communicate with each other without due attention. If there is listening, then different species might respect each other's wishes. If there is careful attention, one might understand each other's faculties and give some slack. Likewise, in an atmosphere of silence and trust, humans might even make their needs known to other species, who then might choose to oblige. This is far better

than snatching what one wants without even looking at the one who is giving up the prize.

All for now,

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∞ *Anatomy of spirit* ∞ *Chakras* ∞ *Kidneys* ∞

18. Chakras

“... it is the capacity of consciousness to flow, surge and create, uncontrolled, which is a necessary part of the godly nature.”

There is considerable structure in the internal milieu, which becomes familiar as one progresses in the spiritual path. You have a lot of discoveries to make concerning your anatomy in a spiritual sense. Did you ever wonder about the location of your dreams in your body? Deep in your head is the dream space, which some call the atom, and others call the inner eye. You get a lot of mileage out of this one - plenty of entertainment and bafflement as well.

Lower in the body are other psychic centres, each seemingly with its own personality or flavour, thus bringing a different aspect of the light into your being, as if capturing different colours in the rainbow. Your kidneys are a particularly underestimated part of the psychic body, as they are resting at midway between the uppermost and lowermost chakras, and are therefore involved in a great degree of balancing and regulating the flow between upper and lower psychic humours.

You have probably all heard of various chakras by now and wonder where to find a happy-marriage chakra and a nice-sports-car chakra. Unfortunately, the chakras are not so materially distinguished as some people would think. Merely, there is a distinction in the flavours of knowledge that each contain with some (the lower) being earthier and sexier while others (the higher) are more bookish and interested in detail. Thus we have a splendid spectrum and the capacity for dividing functions among different parts of the body, creating bridges between the nature of the spirit and the operations of the physical body that is both harmonious and practical.

You get a lot of mileage from learning the friendship of your chakras. They are worthwhile companions and sources of wonder. It really is not possible to feel at peace nor to know yourself without reference to the flavours in each one.

There was a time when you could automatically know whole worlds through each chakra, but for the time being your awareness in each chakra is much more basic, not much more complicated than meeting a worm or a snail. You get a sense of movement, life, attitude and business, and not much in the way of verbal communication.

We get serious again when we talk about the patterning between chakras. This is very important, because it is the capacity of consciousness to flow, surge and create, uncontrolled, which is a necessary part of the godly nature. Thus there must be untrammelled

wafts passing along the chakra line and radiating from each.

This will come naturally as time goes by, with your growing beingness in your chakras and your progressive attunement to love.

What happens if one attempts to enrich oneself without attunement to love? Then there is a journey of sorts, but it is a much more difficult one, gruelling and not nearly such a joy. You get a fascination and a self-awareness, but have difficulty procuring grace in this fashion, and exist more as an island.

We give full thumbs up to those who choose whole-heartedly to pursue both internality and love. For there is a mission of God unfolding before the eyes, and a life of richness and grace, where harmony increases and wonder abounds.

Gather you all into this path.

Yours,

α

∞ *Celestial music* ∞ *Music of the aura* ∞ *Music* ∞ *Patterns* ∞

19. Music

“You are producing music all the time, with the events you carry in your spiritual column.”

Now, music is one of the wonders of the earth and is not to be underestimated. Its place is very spiritual, though its execution is physical by nature. Music is about patterns and patterns are an important part of the geometry of the spirit. There are patterns in all forms of communication, and music communicates through its particular patterns. God speaks in many forms of music, and the type of communication is varied. A lot of spirituality can be learned just by listening to music. A lot of other stuff can be learned too.

Every facet of human nature can be represented in music. The higher notes resonate with the higher parts of the spiritual column (that is, those parts more removed from the immediate incarnation). The lower notes are very internalised. That is, the vibration is easy to feel and corresponds to a much more biological level, but a level which also has a spiritual counterpart.

Octaving is an important feature of musical notes. The octaves indicate linked notes in the

ascending spiritual structure. You will see there is a similarity of feeling at different points at octave intervals. Thus you have your inner harmonies and these are not to be overlooked. A dire understanding of music is a great gift. If you truly understand the sounds, truly you are understanding everything, just as if you truly understand all light, then you are truly understanding everything.

Some composers have captured very particular messages in their music. Some great feeling. Also some great diversion. It is interesting to note the phrases of music that are most popular to people, such as the sequence on *Close Encounters* or the opening notes of Beethoven's fifth symphony, or some of the repetitions in Bach.

Truly there is a celestial music as well. Celestial music exists independently of the physical means to express. You might stumble on some cascades of music in a deep meditation for example and feel that you are enjoying a music, even when you feel you can't actually hear it. Here there is a direct communication of the music into the spiritual column without access to the ears.

You are producing music all the time, also, with the events you carry in your spiritual column. Not all of you make good radio air-play though! Maybe in a quiet time you can be aware of the music within you. This is how many composers get a foothold.

The calibre of your music has a big effect on how other people react to you. Jangly, strident,

thoughtless music is a bit off-putting. But, put out a sweet, relaxed air and you will have people wanting to stand by and enjoy you. There is an easy way to listen to your own music, if you are very silent in your intentions. What comes up in the ether as sound is your incidental music. Try very carefully to be nothing, and you will hear the variety and pacing of notes, issuing from your being.

Your body is so much more beautiful when the music is beautiful.

So there, my dears,

α

∞ Astrology ∞ Birthdays ∞ Celebrations ∞ Nature ∞

20. Birthdays

“What we like most is to see the uplifting of a group as a whole, in unison with faces turned towards light and good humour.”

Sometimes there are reasons to celebrate in the spiritual realm. We pay special attention to birthdays and weddings, and festivals of all kinds. What we like most is to see the uplifting of a group as a whole, in unison with faces turned towards light and good humour. Then you will see a great swell in gross spirit, signifying a burst of deep happiness. Yet these textures often go unnoticed by you, who define these events in terms of cake and alcohol, and the minimisation of quarrels. You need to think more subtly about what's going on at a spiritual level, when you behave in certain ways.

Birthdays are a special point of interest because they take on a particular significance in the calendar of the spirit. You may have noticed the different moods of different seasons, which signify different spiritual connections coming to the fore at different times.

Thus, people are born into times of particular spiritual connections. This phenomenon has traditionally been studied under the name of astrology, though in modern times this art is little more than annoying. Get back to a purer understanding of the cyclic and seasonal nature of spirituality! To be born under a certain influence means that one's senses begin to define reality under a particular seasonal profile, and this begins to colour the individual. We are not just talking about light and heat, but also the particular angelic presences of the season, which are quite defining to people's behaviour.

Of course in the womb the baby is also influenced by the physical world, but the presence of the mother is so dominant there that the seasonal calendar is of much less influence.

Thus we have a certain imprinting into the physical world into a certain angelic season. You may think it's not such a big deal, until you remember how strong an impression can be made on you on the first day at school, or first day at a new job, or the first part of a new holiday. See how these things are so memorable and can shape you henceforth.

At your birthday there are also many things to consider about your life's journey. As you know it is customary to reflect and judge oneself at one's birthday. The time-honoured tradition provokes a corresponding interest from the spiritual realm, as much as an initiation rite or other ceremony would attract interest of the spiritual elders. So do not feel that you are

reflecting alone on your birthday. It is, indeed, a good time to be gleaning inspiration for the year ahead.

Rest now.

α

∞ Causality ∞ Patterns ∞ Models ∞

21. Ordinariness

“I simply want you to grasp the idea that where a pattern is predominant, it is because there is something actively keeping that pattern in place.”

I understand that you are impatient to grasp some gritty truths, and so it is that I will gradually wind your intelligence upwards, starting with concepts with which you are comfortable, and then gradually extending your horizon.

The first concept that I wish to present to you in this batch is the concept of ordinariness. In your vernacular, ordinariness does not get much esteem. You see it as boring. It is about necessity and about keeping the basic parts of life ticking over. But now I want to draw you into deeper appreciation of ordinariness. Anything which is ordinary signifies that there is a masthead underneath. That is, there is a good reason for circumstances to cluster around a particular way of being. They are drawn into that way of being by some kind of underlying cause or prototype.

For example, it is quite ordinary for women to fuss about their beauty and to strive to be gorgeous. That is because there is an underlying essence which draws them in that direction. It is not because they are

all deluded or all shallow. It is because there is an astral cause or force attracting them to the quest for beauty. You would have a ridiculous battle to try to get them to give up the beauty quest while the cause or force behind it is still in play.

Similarly, in your contemporary society, it is ordinary for people to be sedentary or fat. Again, it is because there is something on an astral level which draws people into that model. It is not that all these people are deviant from the real model (thin and active). It is because the alternative model (fat and sedentary) has a dominant power. I will talk more about the nature of these models at a later date.

In the meantime, I simply want you to grasp the idea that where a pattern is predominant, it is because there is something actively keeping that pattern in place. It is not just the stubbornness of repeatedly falling off the log where you were supposed to be sitting. There is another log on which you sit.

The reasons behind the ordinary patterns are almost always astral, and are not going to be undone by behavioural conditioning. Deeper changes would be needed to change the ordinary pattern of things.

Enough for now. Until next time, simply look about you at what is default in your society and consider that there must be something keeping each of these models in place.

∞ Comfort ∞ Realism ∞ Truth ∞ Utopia ∞

22. Placidity and reality

“Do not spread propaganda about the possibility of a utopian world. It is not fair to give people expectations that cannot be fulfilled by reality. On the other hand, it is not fair to spread the word that life sucks, either.”

This time I want to talk to you about placidity. Placidity is acquired only because all the dross of darkness has fallen away. You can only be a placid person if you understand a lot of truths. Even so, you will not become a boring person or lacking in amusement. There will be a lot of things which inspire and intrigue you when you are placid.

In order to be placid you have to embrace the normality of everything you see around you, including conflict, torture, stagnation, death and humiliation by any experience of life. All these things must be deemed to be entirely normal, given the way the cosmos was established and has evolved. To expect anything different from that, on this day, is rubbish. You have to be able to accept that marriage partners will discover things they don't like about each other and that is

normal. It is normal to experience conflict in every relationship, and harmony at many times also. Nothing surprises you when you truly understand the nature of the universe and all the human foibles.

Those who espouse a utopian existence on earth have a dark agenda. They are trying to win the allegiance of hearts and minds against the truth which stares people in the face. They are trying to get people to behave or think in certain ways, in order to gather support for their own causes and even profits. This is not an appropriate way to treat each other. Do not spread propaganda about the possibility of a utopian world. It is not fair to give people expectations that cannot be fulfilled by reality.

On the other hand, it is not fair to spread the word that life sucks, either. Life includes the whole spectrum of bad and good luck, and you are just as likely to get one as the other, and all will happen when you look at how things are spread across time. Therefore, you must not preach that life is bad and depressing. You may have wonderful high times, harmony and social love, mixed in with spatterings of bad luck and conflict. This is what you must teach – the full raw distribution of happiness and unhappiness which is forthcoming in the natural and human world.

The comfort which you may teach is that God is available to communicate and give astral support no matter what the individual is experiencing. This is the overriding warranty, and what makes everything worthwhile. This is the dimension on which happiness

can gain a foothold over unhappiness, and truth can get domination over darkness. This is where everyone should seek their security and their perspective.

Enough for now. You all have to dwell on this.

α

∞ Complexity ∞ Cosmos ∞ Creation ∞ Patterns ∞

23. Patterns in the cosmos

“The creative mind of God starts with a generative pattern which also has an element of generation within it. Thus, even as the pattern spills forth, it is already starting to change.”

Today I will talk to you about the cosmos. This is a truly beautiful topic. When you look at anything in creation, you are impressed with the complexity and beauty of the patterns. This is a consistent truth of all creation, that there are layers upon layers of complex and beautiful patterns. This surely must signify something about the nature of creation?

When you sit down to create something as a child, it does not occur to you to do such complicated renditions. You start by simplifying your world into blobs of colours and stick figures. Later you might take an interest in making rows of shoes, or tidying up your toys into patterns. Yet, very rarely, does it occur to the creative human being to enter into the frame of mind of nature when they are creating a work of art or fiction.

This is how it is done. The creative mind of God starts with a generative pattern which also has an element of generation within it. Thus, even as the pattern spills forth, it is already starting to change. Within that generative side of the generative pattern is also a third level capacity to change. Therefore, even the generative ingredient within a pattern is capable of changing over time. Thus the pattern changes as it goes, and the way in which it changes as it goes can change over time.

In some cases, there will also be higher levels of change and generativity which may be achieved, depending on the particular system which is unfolding, and the complexity of the root ingredients. If a system is complex at the beginning, it has enough ingredients for even higher degrees of freedom to be embedded within it over time.

Thus you see a tremendous apparent freedom in how things evolve, but at the same time you can see how all of these patterns evolved from prescribed codes and prescribed forms of change. It is a kind of chaos and yet it is totally predicated on the original system. It is impossible to predict from the outside because of the degree of complexity in the equations which link back precisely to how things started. Without all the base information, you have no way of jumping into the system half way and figuring out exactly where it came from or how it is going to turn out. Such is the element of mystery in creation, in spite of its orderliness.

Why is it this way? The question for me is meaningless, because for me that is the exact form which all existence takes, and therefore it is not open to alternatives. If you think about it, you too have also always been exposed to this kind of existence. School rooms and parents have tried to simplify the world for you and so you got a bit of an idea that life should be construed as simpler than it actually is. But in fact, outside the school room and the playroom, and outside the four walls of the house, everything has always been incredibly complicated and difficult to simplify in drawings.

Ironically, the capacity of the human to make simple mental models out of what it sees is an example of a higher-higher order pattern having yielded a new pattern which is then capable of dichotomous thinking and thinking in stereotypes. You should be proud to be so complex that you can think in such a simplistic way! It is your gift to be able to peruse this complex reality and start to represent it to yourself in another form internally. This is indeed a new and higher form of translation than has ever happened before in all the layers of complexity I have inadvertently construed.

And so, you see that the cosmos is built out of complexity. The effort to simplify it to atoms etcetera is useful up to a point, but the relationship between relationships is always going to be the key to understanding how the cosmos could have evolved the way it has, and how it is going to continue to unfold. Once you know the particulates of the universe, you

can start to classify how they ordinarily relate to each other and then, importantly, what patterns of aberrant relationship exist. The ratios between ordinary and aberrant are incredibly important. Again, as I have said before, diversity will prove to be one of the key driving forces in securing the nature of the universe.

Enough for now. Just try and get it into your head that the universe is built upon a pattern like water, rather than a pattern like junior building blocks.

Yours as teacher,

α

∞ Attachment ∞ Blame ∞ Parents ∞ Relationships ∞ Yearning ∞

24. Don't blame your parents

“Don't be afraid to weigh up how well they satisfied you when you were a child, but do not hold their performance against them and certainly do not expect them to make it up to you now.”

The parent-child relationship is a snapshot of what human nature is capable of in relationships. It is nothing more and nothing less. There is bound to be enormous diversity in how the parent-child bond is expressed, and it is inevitable that there will be as much astral disease in the parent-child relationship as there is in the society at large. There is no reason why parent-child relationships should be more idyllic than anything else which people do. Every role which faces you in life will be met with the same kind of expression of all your faults, follies and capacity for inspiration. If you are not capable of intimacy or self-awareness in general, then this will be reflected in this close relationship. If you have learnt how to open yourself to inspiration and love, then you will find this in your relationship if the other person is also so inclined. If you are open to inspiration and love

but the other person in the relationship is closed because of wounds and other damage, then you will not get the ideal which you think is possible. You should never have expected that you deserved anything higher. That is not the way that nature works. Nature does not selectively reward you for being enlightened and close to God. You still have to operate in an imperfect world and take whatever comes.

What then to do about the constant hankering which you feel for the love of your parent or the love of your child? It is not to be dismissed as silly or pointless. It is, after all, hardwired into you to seek a close bond with those with whom you are born or those to whom you give birth. Therefore you must acknowledge that there is a deep attachment instinct. This may or may not feel fulfilled, even if you get the warm response of an enlightened parent or child. You are still going to feel the hankering of attachment perhaps in spite of receiving love. You will just keep on feeling it.

The main thing is to recognise that you have an attachment instinct which will always be inside you and which always spur you to dwell on relationships in one way or another. You have to recognise the validity of this hunger but also the possibility that it will never feel quenched. You have learnt this pretty well with your biological hunger. You find something which takes away your gnawing belly hunger, but it only works for a while. Then you have to find something else. The need for sleep and the need to urinate are also recurring hungers. Yet you do not seem to grasp the possibility

that you will feel repeated yearnings for closeness in relationships even though you were satisfied yesterday or last week or last year, depending on your tolerance. You have to accept that the gnawing hunger will swing around again and it is not the fault of your mother or father that you have a sense of lack of fulfilment. It is the fault of the hunger. Your parents may remind you of that need in one way or another, but it is not their responsibility to get rid of your instinct, and especially it is not their responsibility to soothe you for your craving after you are an adult.

So, all in all, I am saying that you must “get over it” if you still feel that your parents did not love you enough. Don't be ashamed to admit that you still have an attachment instinct and that your parents remind you of it. Don't be afraid to weigh up how well they satisfied you when you were a child, but do not hold their performance against them and certainly do not expect them to make it up to you now. That is a fool's game. Let go of it and focus on what inspiration is coming to you today, which will maximise the quality of your present life.

I hope this helps.

α

∞ Ancestors ∞ Appetites ∞ DNA ∞ Hunger ∞ Resonance ∞

25. Resonance with ancestors

“You will hunger after those things which feel resonant to you, and therefore make you feel more in touch with your historical being.”

Today my lesson to you is about hunger. You all have a need for food which is hard-wired into your brain, and yet there is something individual about the way it is expressed. Some people have a yearning for yams while other people have a yearning for cherries. This is a mystery in the modern world which you just put down to individual differences in experience and perhaps physiological factors. Now I want you to consider that there may be something even more mysterious going on.

Each person has a physiology which has connections going back thousands of years. Your DNA is not just your DNA. It is DNA which you acquired from your forbears, and it has been passed through countless ancestors before it reached you. In each person, the chemical code became associated with what happened to them in their life. You can't actually see what happened in their lives by looking at their

chemical code, but there is a kind of resonance set up between your DNA and the lives of those who shared similar DNA. Therefore you can access the group consciousness of all those people who passed before you who had DNA similar to yours.

In the case of appetites, you are associated with the appetites of all those people who had DNA similar to yours. Therefore, if you have something such as hair colour running genetically through a family, you can also have something like an appetite preference running through a family, by virtue of the characteristic palates of those people in the family. While you may be more similar to some of your ancestors than others, depending on how much exact gene sequence you share with each person in your family, you will have some appetite affinities which are stronger than others. If you are particularly similar in genetic make-up to a particular grandparent, then you may have more access to his or her past consciousness and thereby “inherit” more of his or her tastes.

Now, you assume that you get one quarter of your chromosomes from each grandparent. But did you realise that there will also be a chance element of how much of the rest of your genes were also, coincidentally, in this grandparent, by virtue of his or her similarity to your other three grandparents? Therefore your genetic make-up can be accidentally stacked towards one person more than another. This is where unexplained affinities crop up. You might be almost like one-half of a particular grandparent than

one-quarter, and therefore you can almost see right into his or her memories, by virtue of chemical resonance.

Similarly, you will also have greatest resonance with those people who are in your same nation and race, than with those of other cultures, so will tend to reverberate with their appetite resonances.

But I have strayed substantially from the topic of hunger. I started by talking about the real need for food, and have brought in the topic of appetites, because these appetites will moderate your perceived need for food, and your hunger for different items. You will hunger after those things which feel resonant to you, and therefore make you feel more in touch with your historical being. Some people have a bit of an adventurous streak and like to turn this tendency on its head. But for most of you, your hunger is predicated on what your similar genetic forbears were eating and how their own sense of hunger was abated. If your own similar genetic forbears were not well fed, then you too can feel somewhat unsatiated when you eat, because of that nagging resonance.

This goes a long way toward explaining why some parts of the present population are over-eating in spite of their access to plentiful food. They are still resonating with the hunger which was present two to five generations ago, when there were wars and other poverties which prevented people from eating to full satisfaction. Have a look at where the excess hunger is occurring – especially among those who were enslaved or at civil war, or who had other pests and diseases

interfering for some periods but now the tables have turned.

You have got to understand that not all physiological desires are predicated within the individual's exact current physiology. A lot is happening by "psychic" communication with the similar bodies of the past. In a similar way, in a few more generations, you will see that people are happy to let go of excess eating again, because their ancestors were well-fed. There may even be a spate of under-eating in response to the constant fullness which previous generations felt in industrialised society.

So you see that there are many mysteries that might be explained by past-generational resonance. You will have to give it some thought and see how this pans out as a theory. Test for yourself, by asking what your own grandparents were doing and which of these grandparents you feel most resonant with. Are you walking in your grandparents' footsteps without even realising it?

All for now,

α

∞ *Guilt* ∞ *Innocence* ∞ *Judgment* ∞ *Responsibility* ∞ *Sin* ∞

26. Innocence and guilt

“If you direct anger and scorn towards those you see as guilty you are making it harder for them to lift the veil of darkness and harder for them to begin the upward spiral of spiritual growth.”

Let us talk today about innocence. This is a concept which is idolised and idealised. People think that it is wonderful to be innocent, and that there should be a magical way of returning to innocence in order to be acceptable to heaven and to be palatable to God. This is nonsense. The concept of innocence is useless in spiritual terms. Everyone carries within them some propensities that are bound to get them into regrets and “sins” at one time or another. No child is born entirely free of entity-based or elemental influences on their brain. Therefore they are not entirely innocent of negativity or malice. Everyone is capable of making selfish decisions when backed into a corner, or when not being watched, or just at spontaneous times. There is nothing evil about it, and nor is it something you should be ashamed of. It is just

the nature of the human psyche that it is automatically prey to the impulses of various negative astral characters, and it is impossible to keep these contaminants out of your heads. Therefore no child is truly innocent, and there is no perfect state to which anyone can return.

Your concept of innocence is largely built out of your desire to find an opposite to the concept of guilt. But the concept of guilt is, in itself, fraught with philosophical difficulties. Just as it is impossible to free the mind completely of all stray astral influences, it is impossible to say that someone is exactly guilty of their own actions. It is correct to say that a person has done this or that, but to say that the problem lies entirely in their own volition or in their own soul is patently wrong. The guilt lies with the nature of creation. That there are astral forces which corrupt human behaviour is a fact which has existed as long as humans have existed. It is wrong to blame individuals for the way the cosmos has been created or the way that the layers of astrality interact with each other.

Therefore, while you can claim that your body was responsible for a particular wrong deed, I do not want you to feel that your own spirit was responsible for inventing the crime. You need to recognise that you are prey to a variety of forces, including some pretty nasty astral characters, not to mention biological moods and instinctive defensive responses. It is important to be humble about how these things have influenced you and about how your body may be a vehicle which has

become dangerous and should be limited by discipline and even imprisonment at times. But do not take this criticism upon your soul. It is not the fault of your soul.

Even after you have become deliberately attuned to my love and inspiration, there will be imperfections within you for a long time to come. By attuning yourself to my love and inspiration you will maximise how moral you can be, and minimise your astral corruption, but it will take a while to become so clean, and you are never likely to become completely clean during your lifetime. Accept, therefore, that you are a perpetual “sinner” but that I am not angry with you, and your soul is not tarnished forever, and you are safe from hell.

Therefore I wish for you to dispense with the concepts of innocence and guilt. You have to have your laws which are about managing the behaviour of people according to how much risk they present to the community, but this is different from being angry and vengeful towards people because of what they have done. Do not hold it in your head that anyone is guilty or innocent in their soul. There is a distribution of corrupt behaviour out there, which must be managed in practical ways, but everyone's soul deserves equal respect and reverence. No one deserves scorn because of their misdeeds. You should give everyone a chance to be inspired and lifted up within their soul. If you direct anger and scorn towards those you see as guilty you are making it harder for them to lift the veil of

darkness and harder for them to begin the upward spiral of spiritual growth.

Be careful then, about how you judge those around you.

Yours wisely,

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